

When should I get a flu shot?

If you are not sure, ask your doctor or clinic staff.

Flu vaccine usually starts to become available each year in September. More is delivered in October and November, and the vaccine remains available through December, and later. Some people have a more immediate need for the flu vaccine than others. CDC recommends that these people be the first to receive a flu shot in September and October. The people in need of early vaccination include

- people at high risk of serious illnesses from flu
- some children
- health-care workers who can spread the flu to these high-risk patients
- people who live with someone who is at high risk of illnesses from the flu

These people need a flu shot as soon as it is available!	
Those at high risk of severe illness from influenza	Those who could give the flu to others at high risk
<ul style="list-style-type: none"><input type="checkbox"/> 65 years old or older<input type="checkbox"/> 6 months - 23 months old<input type="checkbox"/> Adults and children with a chronic medical condition, such as<ul style="list-style-type: none">○ Asthma, or another lung disease○ Heart disease○ Diabetes○ Kidney disease○ Blood disease (such as sickle cell disease or thalassemia)<input type="checkbox"/> Immune system problems caused either by disease (such as HIV or cancer, including leukemia) or by medical treatment (such as chemotherapy or radiation therapy)<input type="checkbox"/> More than 3 months pregnant during flu season (typically November through March)<input type="checkbox"/> 6 months - 18 years old <i>and</i> receiving long-term aspirin therapy	<ul style="list-style-type: none"><input type="checkbox"/> People who live or work in a nursing home or other chronic care facility<input type="checkbox"/> Health care workers (hospital, emergency, outpatient, nursing home, doctor's office or clinic, or caring for high-risk patients in their homes)<input type="checkbox"/> People who live with someone listed on the left<input type="checkbox"/> People who live with or care for a child younger than 23 months old
Child's first (ever) flu shot 6 months - 8 years old <i>and</i> receiving flu vaccine for the very first time	

Everyone else should wait until November!

October and November are the best months to get a flu shot. But if you missed getting your vaccine by the end of November, you can still get a flu shot in December, January, and later – as long as vaccine is available.

For more information, ask your health care provider or call the CDC Immunization Hot Line.
English: 1-800-232-2522 Español: 1-800-232-0233
www.cdc.gov/nip/flu

